

Ground Beef and Macaroni (with Mexican Seasoning)

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

Main Dishes, D-22

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|-------------|--------------------------------|--------------|----------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Water | | 3 gal | | 6 gal | 1. Heat water to rolling boil. Add salt. |
| Salt | 2 oz | 3 Tbsp | 4 oz | 1/4 cup 2 Tbsp | |
| Whole grain-rich macaroni | 2 lb 10 oz | 2 qt 1 1/4 cups | 5 lb 4 oz | 1 gal 2 1/2 cups | 2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4. |
| Raw ground beef (no more than 15% fat) | 8 lb 8 oz | | 17 lb | | |
| *Fresh onions, chopped | 14 oz | 2 1/3 cups | 1 lb 12 oz | 1 qt 2/3 cup | 3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes. |
| OR | OR | OR | OR | OR | |
| Dehydrated onions | 2 1/2 oz | 1 1/4 cups | 5 oz | 2 1/2 cups | |
| Canned low-sodium tomato paste | 1 lb 12 oz | 3 cups 2 Tbsp (1/4 No. 10 can) | 3 lb 8 oz | 1 qt 2 1/4 cups (1/2 No. 10 can) | 4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to |

| | | | | | |
|---|-----------|----------------------------------|------------|-----------------------------|--|
| Canned low-sodium diced tomatoes, with juice | 3 lb 3 oz | 1 qt 2 1/4 cups (1/2 No. 10 can) | 6 lb 6 oz | 3 qt 1/2 cup (1 No. 10 can) | |
| Beef stock, non-MSG or water | | 1 qt 2 cups | | 3 qt | |
| Ground black or white pepper | | 1 1/2 tsp | | 1 Tbsp | |
| Granulated garlic | | 1 Tbsp | | 2 Tbsp | |
| Chili powder | | 2 Tbsp | | 1/4 cup | |
| Ground cumin | | 1 Tbsp 1 1/2 tsp | | 3 Tbsp | |
| Paprika | | 1 1/2 tsp | | 1 Tbsp | |
| Onion powder | | 1 1/2 tsp | | 1 Tbsp | |
| | | | | | 5. Pour into steamtable pans (12" x 20 " x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. |
| Reduced fat Cheddar cheese, shredded (optional) | 14 oz | 3 1/2 cups | 1 lb 12 oz | 1 qt 3 cups | 6. Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan. 7. CCP: Hold for hot service at 135° F or higher. Portion with two No. 10 scoops (¾ cup) per serving. |

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Variation:

A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide

| Food as Purchased for | 50 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Mature onions | 1 lb | 2 lb |

| Serving | Yield | Volume |
|--|---|---|
| 3/4 cup (2 No. 10 scoops) provides 2 oz equivalent meat, 1/4 cup red/orange vegetable, 1/8 cup other vegetable and 3/4 oz equivalent grains. | 50 Servings: about 21 lb 8 oz 100 Servings: about 2 gallons 2 quarts | 50 Servings: about 43 lb 100 Servings: about 5 gallons |